

# **Academic and Psychological Consequences of Imposed Career Choices**

**A Thesis Submitted for the Partial Fulfillment of Master Degree in Development Studies**

**By**

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## **DECLARATION**

I hereby declare that I have completed my project on “Academic and Psychological Consequences of Imposed Career Choices” at National Institute of Technology, Rourkela, Odisha in the academic year 2014-2015. The work submitted here by me is true and original to the best of my knowledge.

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## **CERTIFICATE**

This is to certify that **Ms. Sonu Kumari Singh** has carried out the research embodied in the present dissertation entitled, “**Academic and Psychological Consequences of Imposed Career Choices**”, under my supervision, for the award of Master’s Degree in Development Studies at National Institute of Technology, Rourkela. This dissertation is an independent work and does not constitute part of any material submitted for any research degree or diploma here or elsewhere.

**Dr. Bhaswati Patnaik**  
**(Research Supervisor)**

## **Acknowledgement**

*First of all I would like to express my profound veneration and deep sense of gratitude to my research supervisor Dr. **Bhaswati Patnaik** for instilling confidence in me through her inspirational words and providing me with invaluable comments and criticisms. I will always be indebted to her for constantly rendering timely advice and sparing her valuable time. I will always be indebted towards her for giving me moral support which I required the most throughout my thesis work.*

*I would also like to thank her as the Head of the Department of Humanities and Social Sciences, for her continuous support. I am also grateful to all the faculty members in the Department. I am also thankful to the office staff for their cooperation. I am proud to be a student of the department and grateful to be a student of National Institute of Technology, Rourkela.*

*My heartfelt appreciation goes to my interviewees who took time out of their busy schedule for participating in this research.*

*I would also like to thank my parents for their moral support and blessings to carry out this thesis work. I have no word to thank my near and dear friends who have kept my spirit high throughout.*

*Above all I would like to thank the Almighty for His blessings and my family and friends for their unending motivation.*

*( Sonu Kumari Singh)*

# CONTENTS

*Certificate*

*Acknowledgement*

*Content*

*Abstract*

<b>Chapter I</b>	<b>Page No.</b>
------------------	-----------------

<b>Introduction</b>	1
---------------------	---

1.1 Introduction	1-5
------------------	-----

1.2 Background of the study	5-7
-----------------------------	-----

1.3 Conceptual Framework	8-9
--------------------------	-----

## **Chapter II**

<b>Review of Literature</b>	10
-----------------------------	----

2.1 Review of Related Studies	10-14
-------------------------------	-------

2.2 Objectives of the study	15
-----------------------------	----

2.4 Hypothesis	16
----------------	----

2.5 Significance of the study	16
-------------------------------	----

## **Chapter III**

<b>METHODOLOGY</b>	17
--------------------	----

3.1 Sample	17
------------	----

3.2 Tools and Technique	17
-------------------------	----

3.3 Procedure	17
---------------	----

## **Chapter IV**

### **Result and Analysis** 18

#### 4.1 Result and interpretation 18-34

## **Chapter V**

### 5.1 Implications of the study 35

### 5.2 Limitations 36

### 5.3 Directions for the future research 37

### 5.4 Conclusion 37-38

## **References** 39-40

## **Appendix-I**

## **List of Tables**

**Table 1: Relationship between parental education and support for unconventional career**

**Table 1.1: Chi-square analysis**

**Table 2: Preference for career in unconventional field**

**Table 2.1: Chi-square analysis**

**Table 3: Relationship between career choice and social status and prestige**

**Table 3.1: Chi-square analysis**

**Table 4: Trust in own judgment about own career choice.**

**Table 4.1: Chi-square analysis**

**Table 5 : t-test analysis of Academic Success**

**Table 5.1 : t-test analysis of self choice and parents' choice**

**Table 5.2 : t-test analysis of self choice and mutual consent**

**Table 5.3 : t-test analysis of parents' choice and mutual consent**

**Table 6 : : t-test analysis of Confidence**

**Table 6.1 : t-test analysis of self choice and parents' choice**

**Table 6.2: t-test analysis of self choice and mutual consent**

**Table 6.3: t-test analysis of parents' choice and mutual consent**

**Table 7: t-test analysis of Self esteem**

**Table 7.1: t-test analysis of self choice and parents' choice**

**Table 7.2: t-test analysis of self choice and mutual consent**

**Table 7.3: t-test analysis of self choice and mutual consent**

**Table 8: t-test analysis of Stress and frustration**

**Table 8.1: t-test analysis of self choice and parents' choice**

**Table 8.2: t-test analysis of self choice and mutual consent**

**Table 8.3: t-test analysis of parents' choice and mutual consent**

**Table 9: t-test analysis of Depression**

**Table 9.1: t-test analysis of self choice and parents' choice**

**Table 9.2: t-test analysis of self choice and mutual consent**

**Table 9.3: t-test analysis of parents' choice and mutual consent**

**List of Figures**

**Figure1: Factors influencing the preference of profession**

**List of Charts**

**Pie-chart 1: Gender of the respondent**

**Pie-chart 2: Factors influencing the choice of an academic stream**

**List of Graphs**

**Graph 1: Academic Success**

**Graph 2: Confidence**

**Graph 3: Self esteem**

**Graph 4: Stress and frustration**

**Graph 5: Depression**



## ABSTRACT

*The purpose of this study was to investigate the academic and psychological consequences of imposed career choices of undergraduate students in Odisha. The sample consisted of 160 undergraduate respondents who were randomly selected from different colleges of Odisha in different streams such as Arts, Commerce, Science and Engineering. The instrument used was a questionnaire which was personally administered to the respondents by the researcher. Hypothesis was formulated and tested using Chi-square and t-test analyses. The research reveals that the social assumptions, in which the parents influence the students' career choice, are not as valid so far as they have been believed in the society. The findings showed that if the students choose their career by themselves, they are more successful in academics and score more in their overall satisfaction and confidence level in academics. Thus, they have high self esteem and they are not stressed out or frustrated. The results seem to indicate that imposed career choice leads to greater frustration and depression among the students. The study infers that the children need parental trust and confidence for their career choice. Thus, instead of imposing their choices, parents have to understand the students' psyche and interests for arriving at a conclusion regarding the choice of academic streams.*

# **Chapter I**

## **INTRODUCTION**

### **1.1 INTRODUCTION**

Career option in developing economies like India has remained a debate in the civilization. The parable about such developing societies is that the students are left with an only option to abide by the parents' studies associated decisions resulting in the students' future career choice. This principle is accepted due to the inadequate endowment opportunities for the students in higher education. The parents are lone financers are implicit to have major impact on the students' choice in higher studies and in career choice. Moreover it is also assumed that the same turf of profession would guide the future students' choice as the parents' profession due to the possibility of promoting the next cohort in their own, already successful and/or working profession. Researcher Navin (2009) suggested that exploration of career options prior to committing to a career increases chances of future success & satisfaction. Thus, variables that influence career exploration in adolescents should be identified and acknowledged. In most times, it is a period of identity crisis. The adolescents or the young adults are in most cases at the mercy of their parent. In this spirited world there are scores of career options. It sometimes seems like an intractable task to choose correct career option. But it's really not. It just requires some time and liveliness into making the decision, but in the end effort will be worth it. The foremost important thing to choose a career is to appraise you as to have an insight into yourself. Your interests and skills, your values, along with some other traits will make some careers appropriate for you. Using self-assessment tools, also called career tests, to collect information about behavior and, consequently, to produce a list of careers that are suitable based on the results. Some people opt to take career counseling or may have other professionals for career

development administer the tests while many choose to take freely available online career tests. Sometimes they get influenced by the changing trends of this new era. One should make a list of occupation to explore which could be appealing but practical in approach. Before choosing a career you need to learn about it in detail as in proper job description, job outlook, progress opportunities, earnings of the career chosen etc. One of the major factors before choosing a career is to set the goal and devise a plan in place so you can ultimately find a related job, but before this you need to establish some goals. Setting up the goal is not the end rather you will need to hit upon a method to reach them. An action plan for your career will help you as you go after your short & long term goals. One should know how to train for the new career that could include going to college or graduate school to earn a degree, interning or completing courses for learning new skills. Career choices are tough decisions to make because our lives depend on it. Generally it is seen that parents hold the most important position in a child's education and decision making pertaining to his/her choices of career. Different academic streams are tied to specific career choices. Therefore the choice of particular academic streams has long term consequences in life of the individual.

With increased competition today, excellence is expected/demanded from students in all academic subjects during school days for better career options. And when it is time to choose a particular academic stream, parents don't sometimes seem to understand the necessity to know the reason as to why their children want to pursue a particular stream. The reason behind this may be that parents are not updated with the latest trends and developments in career choices available. Sometimes parents consider the job prospects and long term stability in life while weighing the career options. And some parents want to achieve their own dreams through their

children. As a result the uniqueness of a child with regard to her interest and aptitude for a particular career choice is sometimes overlooked.

Moreover, career in certain fields in India such as music, sports, dance, painting etc are looked upon as uncertain professions so far as stable income is concerned. Therefore, parents do not encourage training their children in such streams even if they excel in it. They are best advised to be pursued as hobbies along with studies owing to general prevailing attitude and perceptions among masses as to what constitutes a 'respectable' or a 'decent' profession. To add to this, unlike West, we do not have yet a developed system of education where Fine Arts as a specialized stream can be pursued by interested students. However, things are looking up recently with opening up of Institutes and University though their number is quite few.

Research shows that interest and aptitude act as significant predictors of academic achievement. If the interest and ability of the students do not match with the academic requirement, failure and subsequent dissatisfaction with studies may result.

However, students sometimes leave their career choices to their parents if they cannot decide by themselves. And some students actually benefit from judicious choices made by their parents, i.e. decision after examining the ability and interest of the child.

Therefore, detailed study is required to determine as to what extent parental imposition of career choices affects the academic achievement and satisfaction level of the students. It is also important to know whether students' own decision regarding career choices is always satisfying or not. The study also will help us to infer the reasons/bases of career selection of today's youth.

The degree of the students' own selection and concern in career development should contest exactly to their requirements, without ignoring the ever changing working surroundings which

could otherwise direct to confusion in the career development (Amundson, 1984). Career choice is a highly important and serious lifetime assessment for any students as well as for parents. Their career choice is reliant on their parents' occupation, self curiosity, friends' suggestions and professors' guidance.

According to the Piagetian theory (Angela et al, 2004), a child starts making his own career at the age of minor. One principal barrier in career option is the breakdown of asking the brood about their area of interests for the upcoming career. The cause is that the children have enormous lack of information concerning their career selection, so unlike groups of people intercede to help them out, influencing their future assessment. Students always attain for aid to the close people in their life, where the parents are on the summit of that list. Parents' requirements facilitate in upward the assurance for career choice and make them feel helpful about their decisions. Mostly this sustain leads to the trend of career enforcement and of preference during admissions.

Parents have always preferred their children to track their way in selecting a career. Mainly the chronological study findings show that the children's learning level, profession, goal levels are powerfully affected by their parents' education intensity and occupations (Noreen and Khalid, 2012). Parents have more demand from their children, e.g. to track their course, believes, norms, values and society (Steinberg, 2001). A reality alike to this appears in the stream assortment and improvement. Therefore they hope the next age group to be reared by such modern parenting method that allows them to consider in their career choice. This highlights that the proposal of having an alike occupation with the parents may or may not generate inspiration in the students' career option toward the unchanged profession.

Folks possibly impact the action of their kids through their word related hobbies and backgrounds (Kathleen et al, 2001). Parental inclusions can influence the accomplishment, inspiration and conduct in the vocation way choice making methodology of the cutting edge. A profoundly noteworthy examination inquiry is whether what components influence the cutting edge's vocation determination if the parental part is introduced diversely in the electronic media and in the worldwide advanced data sources, particularly in the setting of such creating social orders as India

## **1.2 Background of the study**

Vocation assumes an essential part in the life of an individual not just on the grounds that it decides the example of pay additionally influences the identity properties like self regard of a person. Vocation decisions are intense choices to make in light of the fact that our lives rely on upon it. For the most part it is seen that folks hold the most essential position in a youngster's instruction and choice making relating to his/her decisions of profession. Distinctive scholastic streams are attached to particular profession decisions. Consequently the decision of specific scholarly streams has long haul outcomes in life of the person.

With expanded rivalry today, incredibleness is normal/requested from understudies in every scholarly subject amid school days for better profession alternatives. Also, when the time it now, time to pick a specific scholastic stream, folks don't once in a while appear to comprehend the need to know the reason in the matter of why their kids need to seek after a specific stream. The purpose for this may be that folks are not overhauled with the most recent patterns and improvements in profession decisions accessible. Now and again folks consider the occupation

prospects and long haul solidness in life while measuring the profession choices. Furthermore, a few folks need to attain to their own fantasies through their youngsters. Therefore the uniqueness of a youngster concerning her advantage and bent for a specific profession decision is here and there overlooked. Career play an exceptionally central and critical part in the life of the individual not just on the grounds that they focus the example of wage additionally in light of the fact that they influence the individual identity and ideas in life, vocation subsequently is a pick interest, life laborer accomplishment in one's calling possessed by an individual all through his/her lifetime. More or less, profession is the totality of work one does throughout his life time and is individual focused it is of most extreme significance to each person as he or she gets ready for what's to come.

Profession decision is something hard to choose, particularly as his life will rely on upon it. Her (2003) showed that, vocation is the totality of experience through which one finds out about and gets ready to participate in act as a component of his method for living " Splete(12001) Stress profession is an appreciating process that happens over the life compass and incorporates homes, schools and group. Each person needs to carry out one occupation or the other to encourage contribute his quote to the improvement of the nation. Ipaye (2000) alludes to the requirement for one to examine with one's companion school advisors, folks and instructors on the need to pick an existence compass act as "profession tradition" or "vocation gathering". In any case, profession tradition as per him is an instrument of vocation data. This happens for various reasons, which includes: 1. To empower vocation thinking and extend occupational horizon. 2. To center consideration on specific employments keeping in mind the end goal to help an individual takes shape his preference. 3. To make a circumstance in which folks can on one hand meet bosses and examine the opportunities they offer and then again meet the profession instructors or

profession officers with whom they can trade sees. Work experience amid mechanical preparing or those encounters gained amid professional training additionally helps the understudies in decision of profession. This is a procedure in which understudies do work under sensible conditions without installment this may help them pick a vocation to that impact.

James (2004) Observes that the impact home has on the kid's learning is the central ideas of life. This reason and the greater part of the propensities and essential conformity were created amid preschool years. The highlights the way that home and folks involve the most essential position in the kid's instruction. It ought to be focused on that work experience is not an endeavor to discover occupation for the understudies yet an endeavor to enlarge the skylines of understudies and facilitate a definitive move from school to work. This is typically taking into account the data given to the school by the folks, such direction and data are essential in light of the fact that most school kids are young people and are controlled by twofold models, pietism, truancy, realism, untrustworthiness and so on. .The element that may impact decision of profession incorporates; Socio-financial elements Personal or family figures Cultural variables, which incorporate schools, associate gathering, age and work experience.

The impact of parental impact on decision of vocation is both negative and positive this is because of: security elements No typical risks to health. Research demonstrates that intrigue and inclination go about as critical indicators of scholarly accomplishment. In the event that the interest and capacity of the understudies don't coordinate with the scholastic prerequisite, disappointment and resulting disappointment with studies may come about.



### 1.3 Conceptual Framework

While instructive specialists and scholars assent on the idealistic impacts of parental manage in the instructive and profession development courses of action of Indian youths, little is perceived about the essential systems of parental impact or how these components influence the young people 'journey of their instructive and vocation related objectives. Folks ought to be aware of their feelings, mentality, likes and loathes and listen humanely and prove their emotions and slants. Young people shelter pursue those exercises for which they are most strong (i.e., fearless). For instance, youths who are effective about their capacities to effectively take after their instructive improvement and broaden their professional alternatives are more prone to join in errands related to those interests. Self-adequacy is an educated conduct that is anticipated by teenagers 'reactions to four wellsprings of experiential taking in: (an) individual execution activities, (b) unequivocal learning (displaying by critical others), (c) the enthusiastic backing of others, and (d) others' verbal support. The advancement of adolescents' self-adequacy prompts their decision of scholarly and profession related interests, their determination toward effectively finishing these interests, and their fruitful execution of these interests. The decision of a calling is a perplexing choice process that is affected by an assortment of variables. The most vital are given in Figure 1, taking after the examination results of Schutz, Crowder and White (2001).

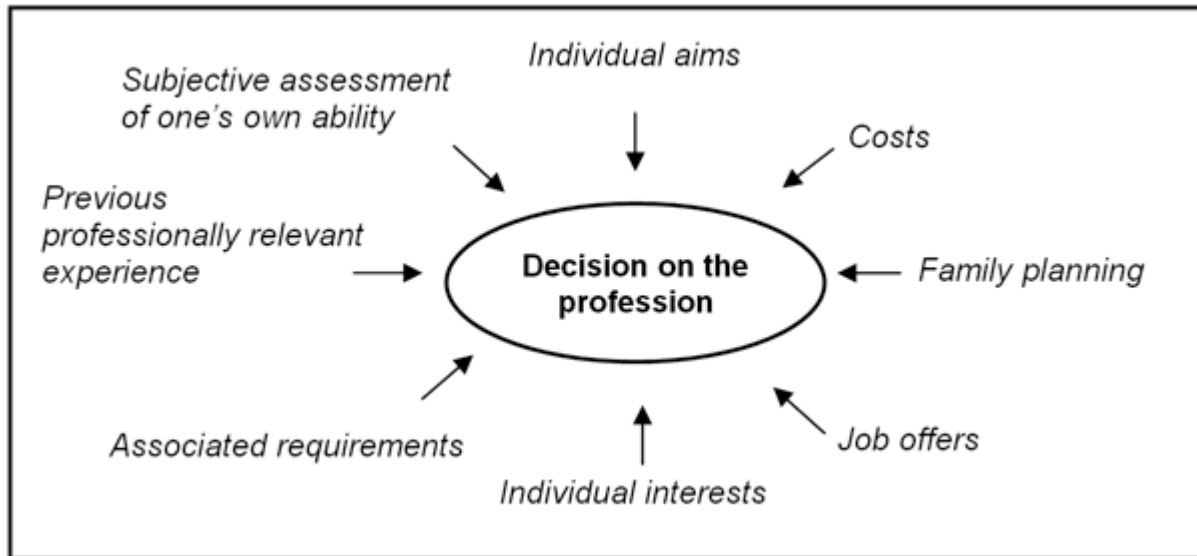


Figure 1: Factors influencing the preference of profession

As the outline plainly demonstrates, the individual points and hobbies, the subjective appraisal of individual capacity, professionally important past experience, related necessities, expenses, and occupation offers are, among others, applicable. From the outlook of hypotheses on settling on professional decisions (e.g. Holland, 1985), the ruling for a calling can be portrayed as the consequence of assessment methods on the premise of the best conceivable fit between individual qualities and the expected prerequisites of the calling and preparing for it. This ought to likewise be the situation for the choice of any profession decision..

## **CHAPTER II**

### **LITERATURE REVIEW**

#### **2.1 REVIEW OF RELEVANT LITERATURE**

Various studies (Knowles, 1998; Marjoribanks, 1997; Mau & Bikos, 2000; Smith, 1991; Wilson and Wilson, 1992) have discovered that school understudies and youthful grown-ups refer to folks as an essential impact on their decision of vocation. Yet folks may not be uninformed of the impact they have on the vocation advancement and professional decision of their kids. The teenagers or the youthful grown-ups are much of the time helpless before their guardians. In many times, it is a time of character emergency. Their meats are cut, bands tied, and verify that they have wiped or cleaned up in the wake of utilizing the can. But then at the same, we solicit them one from the most critical inquiries they will ever need to reply: what would you like to be the point at which you grow up? Supported between finger-painting and requisitioning college, puberty is a basic period amid which people find who they are and how they may like to acquire a living. Understudies have demonstrated, (About Kids Health, 2009) that occupation hobbies and yearnings framed in immaturity impact profession decisions made in adulthood. On the other hand, young people are defenseless against ecological impact including associates, media, society, and particularly folks and gang. Then again, the profession advancement methodology of an individual starts much sooner than grown-up years. McDaniel and Hummel (1984) examined the profession advancement transform regarding three stages: mindfulness (before age 11), investigation (ages 11 to 17), and readiness (age 17 to youthful adulthood). In her investigation of the family-vocation association, Miller (1984) talks about profession advancement as far as a methodology starting in the preschool years and audits the impacts of

folks as good examples in the vocation choices of their children and little girls. The impact of family on word related and achievement of teenagers has been a subject of extraordinary enthusiasm to professional and profession teachers and analysts alike. As is obvious from a writing audit done by Otto and Call (1985), analysts in such various fields as youngster improvement, human science, demography, and vocation advancement have since quite a while ago perceived that families assume a significant part in molding their kids' instructive and profession choices. Just when vocation instructors comprehend the nature and degree of the family's impact on livelihood and instruction would they be able to create viable methods for helping folks help their kids settle on proper and fulfilling profession decisions. The vocation decision methodology of youngsters can be contrasted with rocks in a polisher. —All sorts of individuals crush away at them... however, folks are the huge shakes in the tumbler|| (Otto, 1989). Folks serve as significant impacts in the lives of their youngsters. As per an expansive assortment of exploration, family calculates frequently impact profession improvement and choice making(Keller, 2004). Profession instructors and folks have been keen on comprehension these impacts for quite a few years. Notwithstanding, understanding the exact routes in which family effect vocation improvement has demonstrated troublesome in light of the fact that the builds of family and profession advancement are wide and in light of the fact that the relationship between these two develops shifts with age, Keller opined. The most imperative guardian practices as per finding from the investigation of parental practices that impact youths' vocation improvement is that fundamental cherishing and steady parent practices, (for example, folks telling teenagers they are occupied with their conclusions) appear to be more critical for center school understudies than particular profession related activity practices, (for example, giving young people composed material about particular professions).

The numerous relapse examinations Keller reported, uncovered that when understudies feel upheld and adored by their guardians, they have more aptitude in considering vocations and the universe of work than when they don't feel bolstered and cherished. The outcomes additionally showed that when understudies feel upheld and cherished by their guardians, they have more trust in their own capacity to discover vocation data and to pick a profession that would be fascinating and energizing to them. This is essential on the grounds that other examination demonstrates that youths who feel solid in regards to vocation choice making have a tendency to settle on all the more fulfilling profession decisions sometime down in the life.

Oladele (2001) accepted that understudies need right choice on alternative of livelihood as.-

- Vocation work ought to permit them choose an existence as opposed to simply a living
- The picked occupation will all inclusive shape the individual and his way of life.-
- Lead to word related fulfillment among individual understudies.-
- To cross over any barrier of individual diverse.-

That our general public may not be controlled by displeased, baffled and implausible and unreasonable people. As indicated by Caplow (2000) Occupational decisions are set aside a few minutes when the understudy is still remote from the universe of work. They are made regarding school necessity, which may call for truly distinctive capacities and taste from those which will be identified with consequent employments.

Krumboltz (2001) Opined that the methodology of occupation choice making could be investigated as far as three periods dreams speculative and reasonable decision. These can be separated by the path in which the individual deciphers his motivation and needs into word related decision. These can be separated by the path in which the individual interpret his

motivation, and needs into occupations decision. Dough puncher (2009) opened the ways to the act of coordinating one's self to one's employment characteristics. A process that proceeds right up 'til the present time. Niles (2001) A person's work was the establishment for his interesting intrigue, capacities and qualities, while every occupation has special attributes identified with tasks, skill obliged a prize. As the most established and most generally utilized of the profession advancement hypotheses. Characteristic and element speculations accept that these remarkable qualities of both people and occupation can be measured equitably and will create the most noteworthy measure of fulfillment for both laborers and bosses when they are accurately coordinated together. Irch (2000) this methodology is a great deal more evaluation based and gives careful consideration to a customer's passionate or motivational state. Fundamentally the customer contracts their word related pursuit by picking up a comprehension of their vocation inclination and interest taking into account one more professional interest inventories. In light of those outcomes, the guide then supports the customer in discovering occupation where his/her reported aptitude and hobby have the strongest match, consequently putting the customer into a zone where they have the more noteworthy probability for accomplishment for instance, if a customer's appraisal shows his or her most elevated interest and capacities with individuals, he or she is fundamentally living up to expectations with information/materials or one that has restricted communication with different laborers, or customers John Holland's ensuing work in

(2006-2007) was in view of imparted mental highlights, for example, ability and identity, from his testing, Holland in the long run arrived at the conclusion that each individual or occupation can be separated into six classes known as RIASEC code (practical/gifted broker/specialized/occupation, investigative logical occupation, masterful/proficiency/musical

occupation social instructive/religious occupation. Ambitious convincing occupation and routine administrative business occupation. Figler and Bolies (2007), Holland and Lutz (2000) appraisals taking into account quality and variable hypothesis where an individual thought and conduct were accepted to begin genuinely consistent once again their lifetime, kept on strengthening as more test were made to match a person's identity and expertise to a particular employment.

Components impacting decision of profession:

Guardian Financial status/environment -Herbart (2006) Opined that environment are vital for creating capacities to levels near to limit levels and if kids are brought up in solid home where folks live in concordance and are caring and strong to their youngsters a kid is bound in this circumstance to take orders from his guardians. Consequently their word related yearning is affected by their guardians word related status.-

Level of education attainment- The level of instructive accomplishment, as it were, impacts an individual decision of profession individuals have distinctive chances of moving to diverse chances of moving to distinctive levels of training a few people may have the school declaration, while others a first degree. Sadler(2000) States that the more one peruses the more he goes over production giving data about the work individuals do time is masterminded understudy for obtaining , sorting, acclimatizing and apportioning such data space is expected to oblige profession writing and the individuals who utilize this empower the understudies pick subject guiding them to professions they wish to do in future.

Parental influence- Folks assume imperative parts in the decision of profession amongst their kids. Olayinka (2005)Stresses that parent now and again carpingly set up standard deserving of copying for their youngsters and this inspired them to be accomplishment arranged Roe

(2004) States that , that decision of vocation among understudies is incompletely impacted by the practices of their guardian towards the specific tyke and the state of the home environment. According to Eduwen (2000) the quality joined to given vocation by an individual is a result of numerous variables such as his initial background, instruction and environment. Williams (2003) Opined that "" ones occupation must furnish an outlet suitable to ones enthusiastic life is live in ones work not somewhere else as is ordinarily assumed.

Impact of the school– According to Edwuen (2007), the nature of the school went to by the individual impact the decision of profession later on. The impact of educating is showed in educational module offering and resulting decision of an occupation. Oladele (2001) Stresses that direction is important in school as more understudies are enlisting into post -essential establishments were a significant number of grade school leavers will have entry to auxiliary

## **2.2 OBJECTIVES OF THE STUDY**

The objectives of the study are

- To determine the extent to which parental imposition of career choices affects the academic achievement and satisfaction level of the students and to examine whether students' own decision regarding career choices is always satisfying.
- To examine whether students' own decision regarding career choice associated with satisfying psychological states i.e confidence, self esteem, stress and frustration, depression.
- To examine the students' perceived relationship of career choice and social status.
- To explore students' interest for unconventional career options such as music, dance etc



- To identify the parameters on the basis of which student and parent choose different academic streams.

### **2.3 HYPOTHESIS**

- Parental imposition of career choices will have negative impact on academic achievement and psychological attributes.

### **2.4 SIGNIFICANCE OF THE STUDY**

- The main purpose of this study is the attempt to find out the effect of parental imposition of career choice among the students pursuing engineering, commerce, arts and science. Even if we have come across instances of students facing harmful effect of their parent's decision on studies, it is empirically not examined on large scale. The main purpose of this study is to find out to what extent the impositions of career choices affects the academic achievement of the students. The study intends to throw light on the other possible consequences such as level of satisfaction, self-esteem and confidence, and other psychological aspects, if any, as experienced by the students. Further, the study wants to identify the criteria used today by students and parents while choosing different academic streams.

## **CHAPTER III**

### **METHODOLOGY**

#### **3.1 SAMPLE**

Data is collected from the different colleges of Odisha. The students in the final semester of bachelor degree were chosen to represent matured audience of studies. Around 42.5% were male respondents where as 57.5% were female respondents. About 160 questionnaires were used by the researcher and it was administered personally to each respondent.

#### **3.2 TOOLS AND MATERIAL**

In the study open ended and close ended questions were used. A questionnaire was used during the survey and personal interview was also conducted for the students in the different colleges of Odisha.

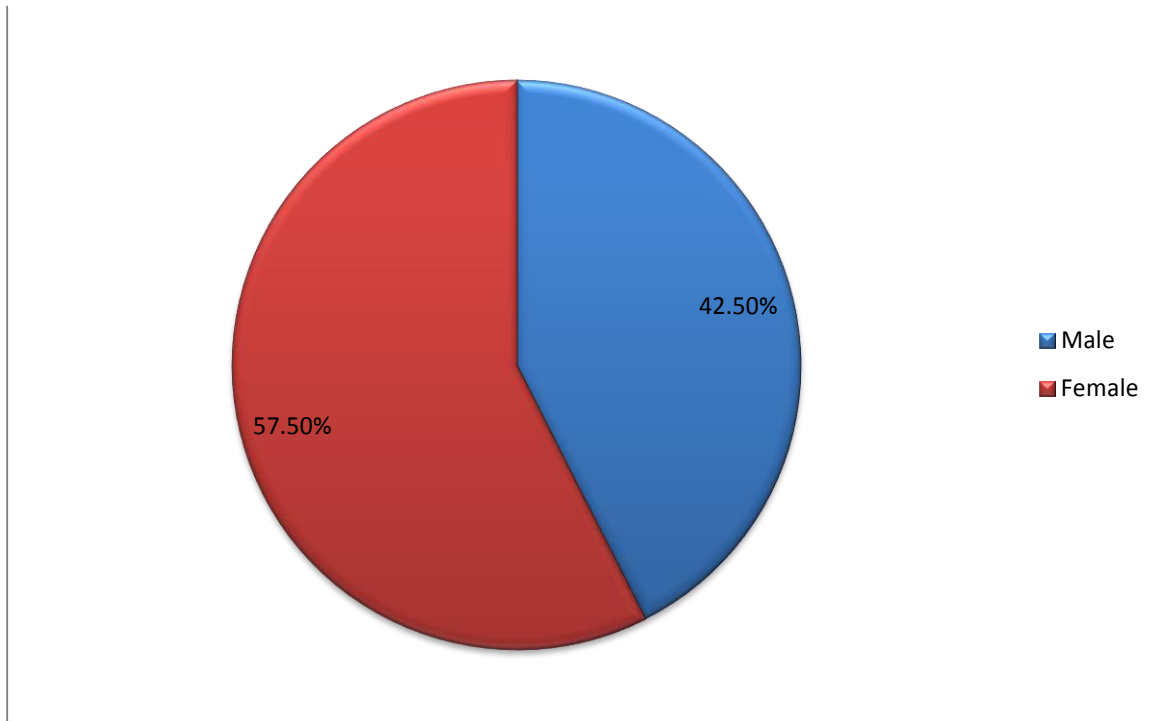
#### **3.3PROCEDURE**

To collect the data, colleges of Bhubaneswar, Cuttack and Rourkela were chosed.The final year students of different streams were approached. The questionnaire was administered to each of the respondent. The primary data was collected from 160 final year students of the targeted college. Finally the data was analyzed using Chi-square and t-test as per the objectives of the study.

## **CHAPTER IV**

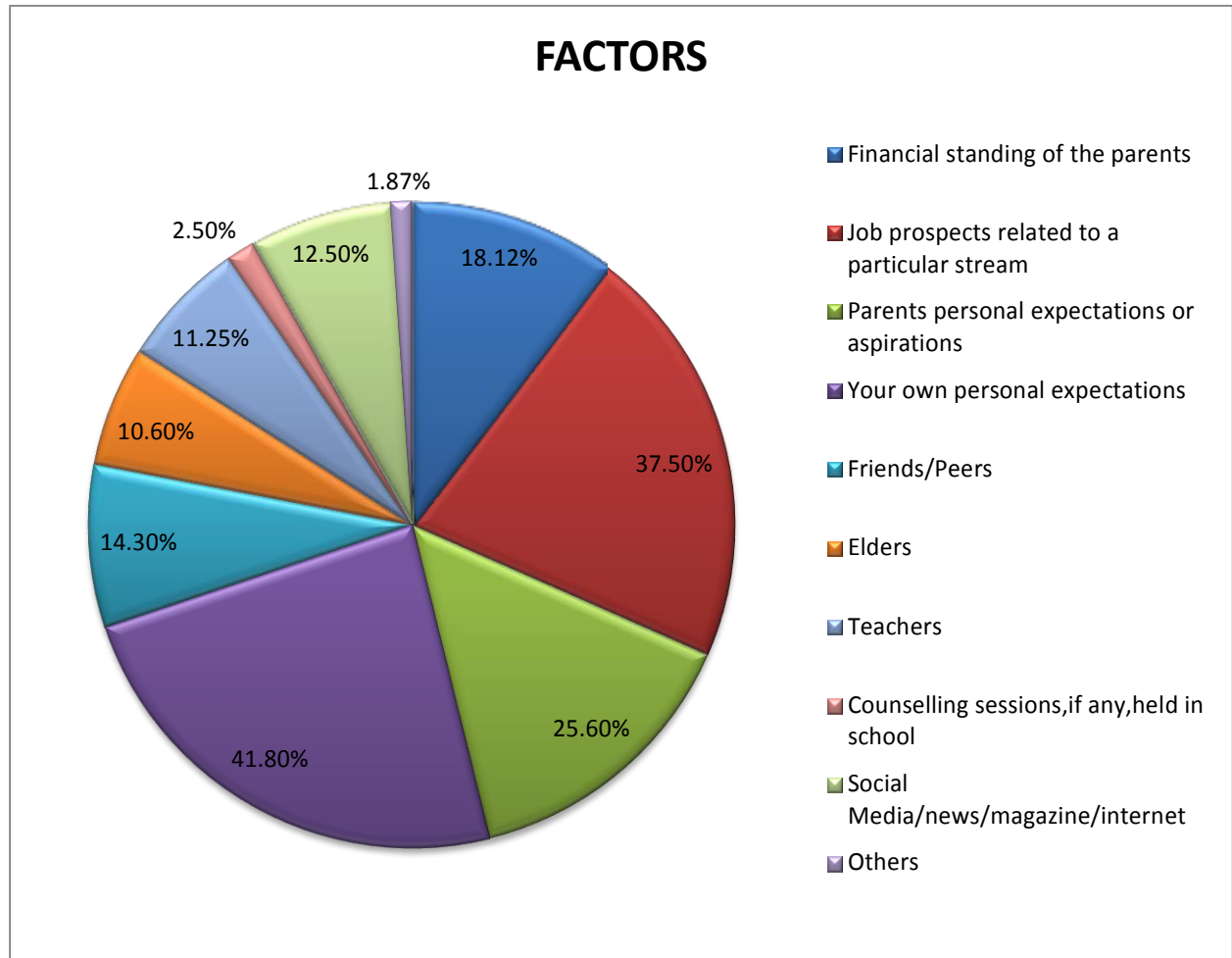
### **RESULT AND ANALYSIS**

#### **GENDER OF THE RESPONDENT**



The total number of respondents taken into concern for the study was 160. The graph representation shows the percentage of male and female students' who were involved in the study. The strength of this survey was taken from the different colleges of Odisha. It represents 42.50% of male while 57.50% of female. This data enables a general idea of the sex involved in this study.

**Chart 1.** Factors that has influenced the choice of an academic stream



There are numerous factors that contribute to the individual's choice for an academic stream.

This pie chart describes some of the important factors for this choice of an academic stream which is one of the important decisions of one's life. By going through the chart we can deduce that 41.8% of students choose their academic stream by having their own personal expectations from their career and from their life. They choose their career/stream to fulfill their objective or aim of their life. And this can be only possible if one is aware of his/her strengths and weaknesses, likes and dislikes, positive qualities and negative qualities, etc. Students want to do what they love by setting their priorities right and future goals in their life and hence chose their career according to their own personal expectations.. Next important factor which has contributed for opting a stream is the job prospects related to a particular stream. Financial security is important

for everyone to survive in this world. Various job opportunities in different stream play a crucial role in our life. Students want to make their life secured for future and for it the stream selection is really important as it sets the career path for them where they can earn money and respect in society. That's why around 37% students opted for this factor which inspires them to select the particular stream. Another factor includes the personal expectation of parents and their aspirations for their children. In India, particularly, children often choose career according to their parents' objective and expectation to fulfill their unfulfilled dreams. Parents often expect a lot from their child which turns into pressure for the children and this may influence their decision for the academic stream. In this survey around 25.6% has been guided to choose the particular stream due to their parents' personal expectations/aspirations.

Another factor is the financial standing of parents which is one of the important factor to choose a particular stream. For pursuing any stream it requires money or we can say strong financial standing of parents so that student can get admissions in their desired field of interest. So, the decision to choose their career path also demands that their parents can support it financially also. Often it is observed that adolescent get influenced by their peer group and chose particular stream due to them. Around 14% students in this survey have agreed to this factor to be the reason of their choice of career/stream. Next factor includes the social media, newspaper, internet, etc which aids in choosing the right stream for students. This communication media helps student to be aware of different streams or options available to them to decide and opt for their career. Students can choose their right path after knowing pros and cons of a particular stream and then come to the final decision. Hence 12.5% agree to the fact that they were influenced by the social media/news/magazine/internet in opting for a particular stream.

Teachers have the biggest influence on student's career choices. They train, support and help in career development but here in this survey only 11% are influenced by their teachers to choose their stream. About 10% are influenced by their elders to opt for a career. Career counseling helps a student realize true aptitude and also evade confusion but unfortunately only 2.5% could be influenced by this factor. This is because of the poor guidance and inappropriate knowledge.

**Table1. Relationship between parental education and support for unconventional career.**

Group	Yes	No	Total
Self choice	33	52	85
Parents choice	11	12	23
Mutual Consent	17	35	52
Total	61	99	160

The academic stream based on the choice on their own (self) was 85 in number. Out of 85, 33 students believed that if their parents were more educated they would have been more supportive for the unconventional career choice, rest 52 do not believe with the fact that if their parents were more educated it would have been made any difference because the career choice is already done by them and they are quite satisfied with their decision. The number of students who had the choice of choosing their current stream on the basis of their parent's choice was 23. Out of this number, 11 have answered in favor of the discussion that if their parents were more literate they would have been more supportive for the diverse career options. Rest 12 in number does not believe that their parent's literacy would bring any such change in supporting any unconventional career. Students and parents who have mutually decided and choose a particular career/stream are 52 in the survey. Out of this number, 17 students believed that if their parents were more literate they would have supported for unconventional career choice where as 35 of them do not agree to this statement. They believe that parent's literacy would not affect the support for the unconventional career.

**Table 1.1. CHI-SQUARE ANALYSIS**

Group	Yes	No	Total	Chi Sqaure	p
Self choice	33	52	85	1.58	p>0.05
Parent choice	11	12	23		
Mutual Consent	17	35	52		
Total	61	99	160		

For a degree of freedom of 2, the df value 1.58 which is far less than 4.605, which implies it is less than 90% significant, or not significant in this case. This means there is no difference in the opinion of the three groups.

**Table2. Preference for career in unconventional field.**

Group	Yes	No	Total
Self choice	32	53	85
Parents choice	12	11	23
Mutual Consent	31	21	52
Total	75	85	160

Traditional career in academics, science, engineering, medicine, management and civil services are still in place. But, trend of unconventional careers is also picking up among youngsters. Only 32 students who have chosen their own career choice showed their interest for unconventional career options and rest 53 did not show their interest for unconventional career during the survey. The reason behind this is the high satisfaction level received from the self opted stream. The finding of this study showed that students who have chosen their career on the basis of their

parents' choice choose to say yes for opting unconventional career and 11 out of 23 do not feel the requirement of choosing an unconventional career. Students who have chosen their career with the mutual consent of their parents are also in much favor of choosing unconventional career option.

**Table 2.1. CHI-SQUARE ANALYSIS**

Group	Yes	No	Total	Chi Sqaure	p
Self choice	32	53	85	6.55	P<0.05
Parent choice	12	11	23		
Mutual Consent	31	21	52		
Total	75	85	160		

For a degree of freedom of 2, the df value 6.55 exceeds 5.995, which implies it is 95% significant. This means that the opinion of the three groups differ significantly.

**Table 3. Relationship between career choice and social status and prestige.**

Group	Yes	No	Total
Self choice	38	47	85
Parents choice	6	17	23
Mutual Consent	14	38	52
Total	58	102	160

Unanimously the students have not focused on social status and prestige regarding their selection of stream. Less than 50% have agreed that their current academic stream is realated to their future prestige.



**Table 3.1. CHI-SQUARE ANALYSIS**

Group	Yes	No	Total	Chi Sqaure	p
Self choice	38	47	85	5.61	P>0.05
Parent choice	6	17	23		
Mutual Consent	14	38	52		
Total	58	102	160		

For a degree of freedom of 2, the df value 5.61 exceeds 4.605, which implies it is 90% significant. This means that there is no difference in the opinion of the three groups.

**Table 4. Trust in own judgment about own career choice.**

Group	Yes	No	Total
Self choice	81	4	85
Parents choice	19	4	23
Mutual Consent	46	6	52
Total	146	14	160

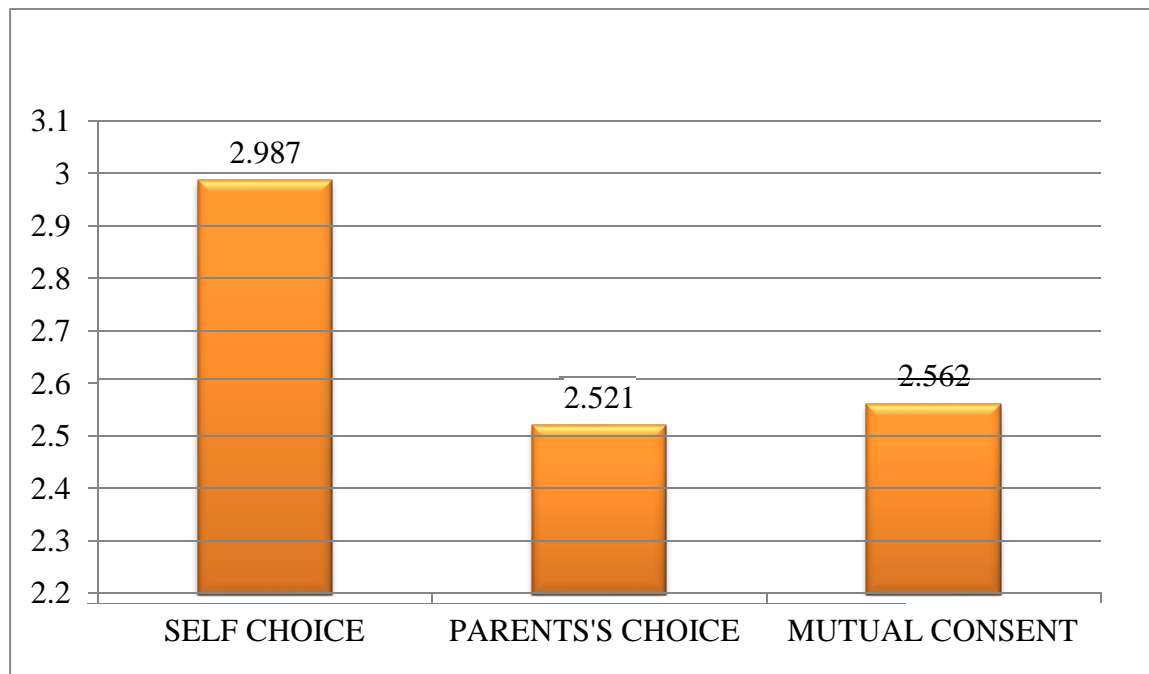
Trusting one's own judgment and decision making leads to become a better person. This would enhance the thinking process and generate innovative ideas to act and manage everything properly. In this study the students trust their own judgment and decision-making capability to plan a career for themselves

**Table 4.1. CHI-SQUARE ANALYSIS**

Group	Yes	No	Total	Chi Sqaure	p
Self choice	81	4	85	4.3	P>0.05
Parent choice	19	4	23		
Mutual Consent	46	6	52		
Total	146	14	160		

For a degree of freedom of 2, the df value 4.3 which is less than 4.605, which implies it is less than 90% significant, or not significant in this case. This means there is no difference in the opinion of the three groups.

**Graph.1: ACADEMIC SUCCESS**



The study reveals that when students choose a career of their own they tend to do better as compared to instances when their parents choose their career or when the choice is based on mutual understanding of the parents and the children. It usually happens such that people put their blood and sweat into those things where they are supposed to receive any benefit or things which are of their interest. The same happens with the student also. They dream of achieving a certain goal and to accomplish that dream they need to choose that career path which leads to that particular goal. Now when they are given an opportunity to choose a career of their own, they not only feel privileged but also believe that their parents have enough confidence in them. Apart from this, the freedom of choice helps them to build their own future. These all lead to better performance. Students are likely to succeed when they study something out of their own choice and preference. Moreover, when they choose something of their own, they tend to develop keen interest in the subject. This leads to explore more and more in that subject. This helps them to gain more knowledge and their outlook is hence broadened. This again makes them perform academically better. With better marks in the exam and better participation in the class, their performance is likely to get better. On the other hand when students are compelled to choose a career by the choice of their parents; the opposite of the aforesaid consequences happens. They tread in the career path without their own interest. This leads to pressure in their mind. Instead of enjoying their subjects, they consider their career as a pressure test. They

develop a fear in their mind regarding their own career. They are afraid of their performance evaluation. In some cases, student stops caring and flunk in most of their papers. Instead of concentration on their career, they demote their mind into other things. These all lead to poor academic performance.

When student and parent mutually choose a career, the result of the academic performance is somewhat better than those instances when parents alone choose the career for their children. Although the academic performance is not as good as in situations where students play the solitary role in choosing their own career, it is somewhat satisfactory.

### **t-test analysis**

#### **Table 5.**

**Table 5.1**

Group	N	df	t	p
Self choice	85	106	2.40	p<0.01
Parents choice	23			

The t-test reveals that the groups(self choice vs parents choice) differ significantly in terms of their self rating in academic success.

**Table 5.2**

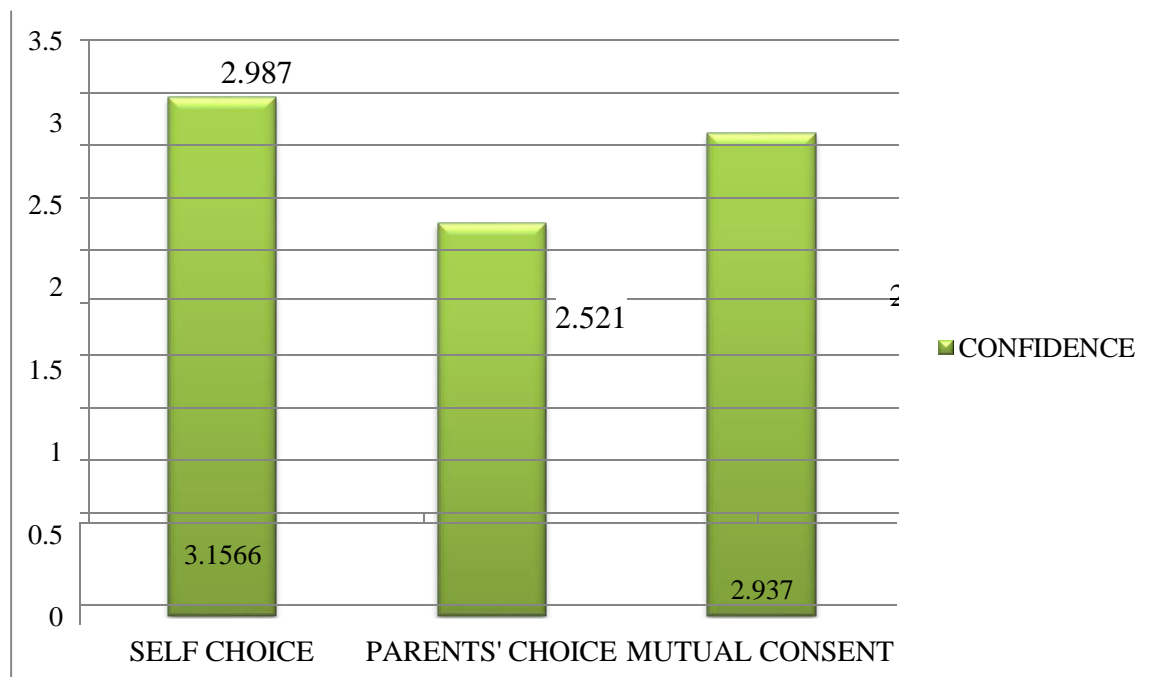
Group	N	df	t	p
Self choice	85	135	3.67	p<0.01
Mutual Consent	52			

The t-test reveals that the groups(self choice vs mutual choice) differ significantly in terms of their self rating in academic success.

**Table 5.3**

Group	N	df	t	p
Parents choice	23	73	0.011	p>0.05
Mutual Consent	52			

The t-test reveals that the groups( parents choice vs mutual choice) do not differ significantly in terms of their self rating in academic success.

**Graph2.****CONFIDENCE**

A person is supposed to be confident in certain things which he knows and has complete knowledge in it. Now when and how a person achieves complete/optimum knowledge regarding a certain topic is a matter of concern. Only when a person has keener interest in certain subject he/she will take the step ahead to know more about it. He/she will perforate into each and every aspect of that subject to gain finest knowledge in that. The knowledge itself brings confidence regarding that particular subject. The same is the case with the students also when they choose a career of their own. They have their desire to learn more. This desire to know more give them

better academic performances. Now the better academic performances give them a confidence that they have the required knowledge in the subject chosen. Their confidence helps them in representing their choice of interest wherever the needs arise. The confidence gained is not only related to academics alone. Rather it is related to the personality of the student as well. Choosing your career and then enjoying it inhabits all the possible qualities in the student. This leads satisfaction and happiness. It reflects as confidence in their personality, on the other hand when parents starts choosing a career for their children, a career which contradictory to the interest of the children, they don't seem to give finest result, neither academically nor non academically. They do not show any highly appreciating or process worthy result. Due to the lack of interest in knowing more about the subject as well as their 'not so good' academic result they tend to lose confidence. They lose their confidence not only academic but also in personality. Once they flunk or get worse grade they lose confidence that they will do better in their future.

#### **Table 6.**

**Tabel 6.1**

Group	N	df	t	p
Self choice	85	106	4.25	p<0.01
Parents choice	23			

The t-test reveals that the groups(self choice vs parents choice) differ significantly in terms of their self rating in level of confidence

**Table 6.2.**

Group	N	df	t	p
Self choice	85	135	2.65	p<0.01
Mutual Consent	52			

The t-test reveals that the groups(self choice vs mutual choice) differ significantly in terms of their self rating in level of confidence

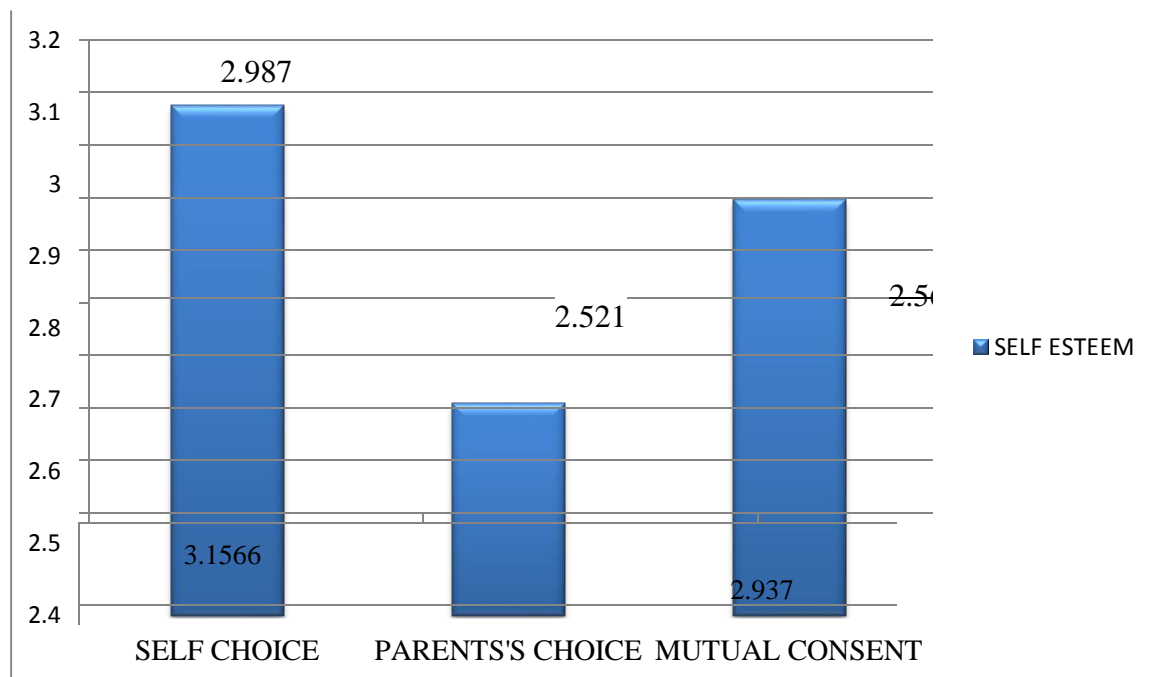
**Table 6.3.**

Group	N	df	t	p
Mutual Consent	52	73	3.55	p<0.01
Parents choice	85			

The t-test reveals that the groups (parents choice vs mutual choice) differ significantly in terms of their self rating in level of confidence

**Graph3.**

### SELF ESTEEM



Self-esteem refers to your opinion of self. High self esteem means you hold yourself in high regard, whereas low self esteem means you do not have a good opinion about yourself and can be the cause of depression and a host of other problems. Experts say that people with low self-esteem engage in subconscious behaviors that undermine their success, making them less likely to ask for or get promotions, raises and even jobs. Low self esteem affects the confidence level and intelligence as well. People with low self-esteem often try to remain under the radar screen

because they don't want to be noticed. This survey reveals that students with high academic success and confidence have high self esteem also. Students who opt their career according to their parents and on mutual grounds are seen to have low self esteem. Low self esteem leads to low confidence and poor academic results. Also students with low self esteem face lot of challenge in their future to compete with the world.

**Table 7.**

**Table 7.1**

Group	N	df	t	p
Self choice	85	106	2.62	p<0.01
Parents choice	23			

The t-test reveals that the groups(self choice vs parents choice) differ significantly in terms of their self rating in level self esteem

**Table 7.2.**

Group	N	df	t	p
Self choice	85	135	1.04	p>0.05
Mutual Consent	52			

The t-test reveals that the groups(self choice vs mutual choice) do not differ significantly in terms of their self rating in level self esteem

**Table 7.3**

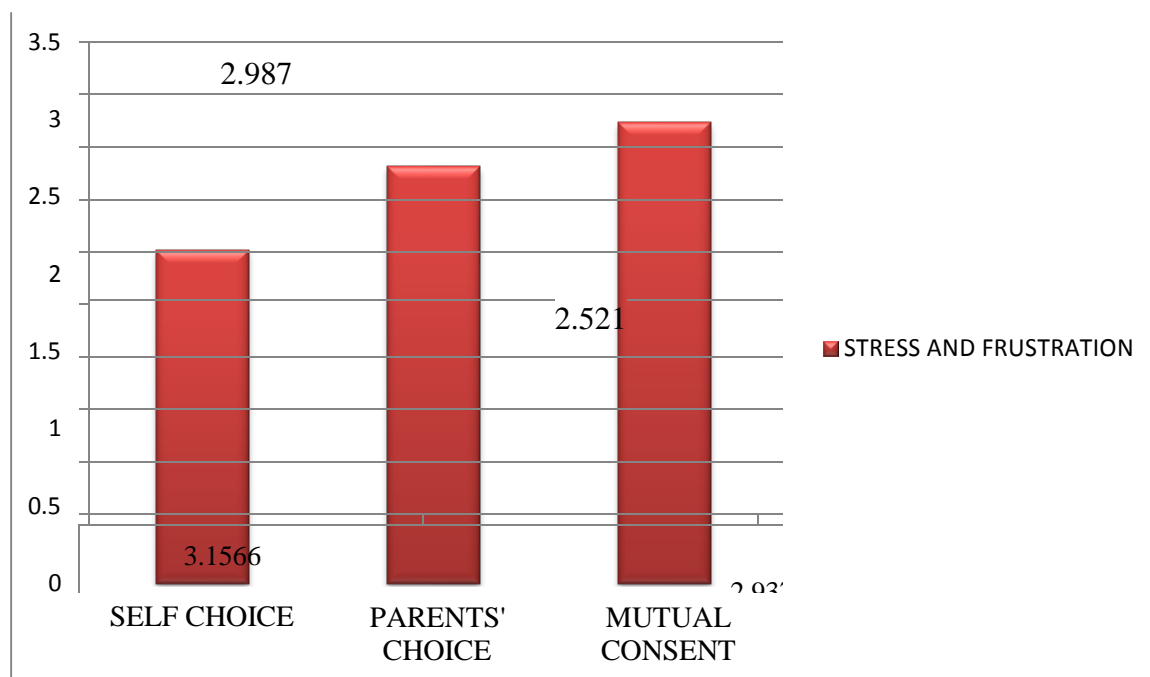
Group	N	df	t	p
Parents choice	23	73	1.68	p<0.01
Mutual Consent	52			

The t-test reveals that the groups( parents choice vs mutual choice) differ significantly in terms of their self rating in level self esteem



**Graph4.**

## **STRESS AND FRUSTRATION**



Adolescents experiences stress, sometimes significant amounts of it, in their lives. Stress and frustration are the negative emotions in human. These emotions gradually lead to self destruction attitude when these traits remain for a longer period of time. Common stress for adolescents are failing an exam, physical appearance, judgment or evaluation by others unrealistic classroom demands, the future, problems with peers, any situation that threatens self-esteem, disagreements with teachers, parents or other adults. High level of stress and frustration also leads to different types of health problems. In this study it is found that students who choose their own career/stream are found to be less stressed and frustrated. Whereas students who are imposed to opt a particular stream by their parents or decide a career mutually face high level of stress and frustration

**Table 8.****Table 8.1**

Group	N	df	t	p
Self choice	85	106	0.28	p>0.05
Parents choice	23			

The t-test reveals that the groups( self choice vs parents choice) do not differ significantly in terms of their self rating in level stress and frustration

**Table 8.2**

Group	N	df	t	p
Self choice	85	135	0.56	p>0.05
Mutual Consent	52			

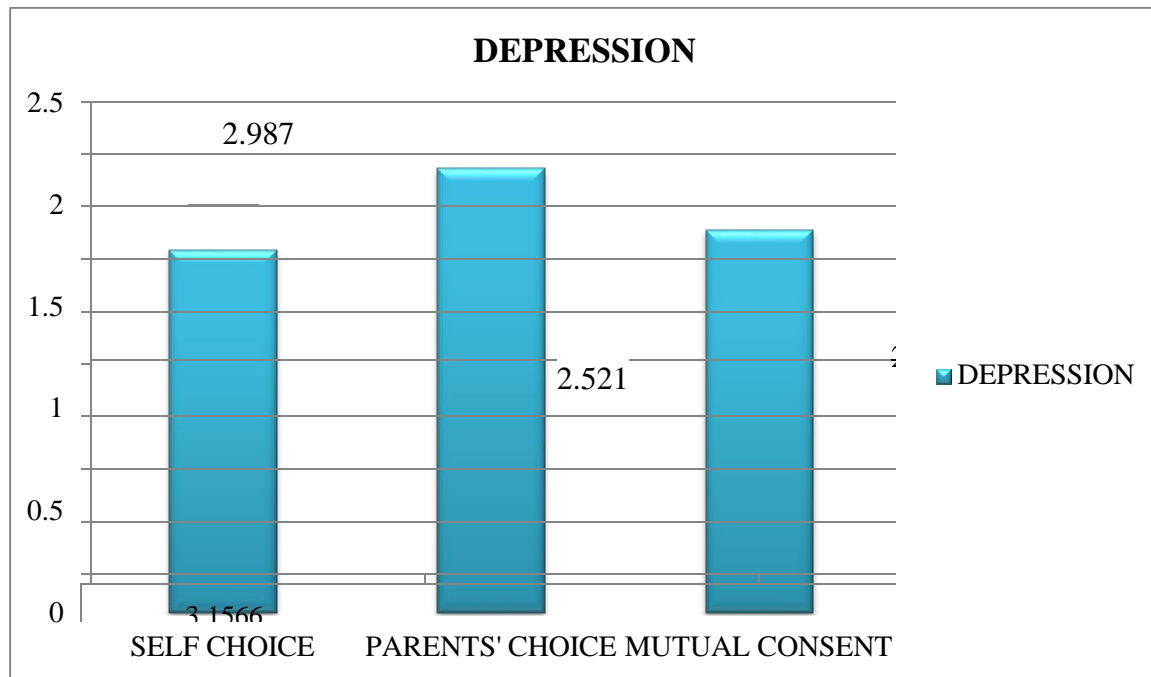
The t-test reveals that the groups( self choice vs mutual consent) do not differ significantly in terms of their self rating in level stress and frustration

**Table 8.3**

Group	N	df	t	p
Parents choice	23	73	0.14	p>0.05
Mutual Consent	52			

The t-test reveals that the groups( parents choice vs mutual consent) do not differ significantly in terms of their self rating in level stress and frustration

**Graph 5**



Depression is an epidemic among college students which is caused due to lack of sleep, poor eating habits, and not enough exercise make up a recipe for depression among college students. The stress that comes with academia — including pressure to get good grades, financial worries, failed relationships and conflicts with peer group is enough to force some students to leave college or worse. Depression has negative impact on young mind which leads to poor performance and low self esteem and self confidence. Hence students who choose their own career option are likely to suffer less due to depression and because of their better satisfaction level they are less depressed. Students who are imposed career choice by their parents suffer greater negative consequences of depression as per the survey.

**Table 9.**

**Table 9.1**

Group	N	df	t	p
Self choice	85	106	1.933	p<0.05
Parents choice	23			

The t-test reveals that the groups( self choice vs parents choice) differ significantly in terms of their self rating in level depression

**Table 9.2**

Group	N	df	t	p
Self choice	85	135	0.51	p>0.05
Mutual Consent	52			

The t-test reveals that the groups( self choice vs mutual choice) do not differ significantly in terms of their self rating in level depression

**Table 9.3**

Group	N	df	t	p
Parents choice	23	73	1.38	p>0.05
Mutual Consent	52			

The t-test reveals that the groups( parents choice vs mutual consent) do not differ significantly in terms of their self rating in level depression

## **CHAPTER V**

### **IMPLICATION OF THE STUDY**

As indicated by Friesen the professional decisions individuals make are identified with their social class, and the social roots of an individual cutoff the scope of word related open doors accessible to the individual. Understudies who originate from lower class homes regularly think that it hard to proceed with their training while those from high society homes get much consolation from their families and associates to proceed with their studies. McNair and Rusch,

(1987) states that folks are powerful in the vocation improvement methodology, and they regularly wish to be incorporated, yet, a particular part for folks is frequently not characterized. In a condition where parental collision meddles with the profession decision of young people, a vocation emergency may create when there is a bungle as far as the conscience quality of the kid and the natural weights that test their personality. The teenagers straddle the line between youth dutifulness and grown-up freedom. The ramifications of the study are that if folks need to upgrade the vocation improvement of their young teenagers, they ought to attempt to do the accompanying:

- Express enthusiasm for different teen issues that are essential to their youngsters.
- Tell their youngsters they have elevated standards for their profession.
- Encourage their youngsters to settle on their own choices.
- Tell their youngsters they are glad for them.
- Help their youngsters comprehend the outcomes from vocation tests or interest evaluations they have taken.

Notwithstanding the above, bolster and love, correspondence and genuineness between the young people and their guardians might likewise be vital for the vocation improvement of the adolescent.

## **LIMITATION**

The sample size in this survey was limited to only 160 which is a small sample size for this vast topic. The impact of socio economic status has not been taken into consideration in this survey. Also the occupation and the education of the parents has been not included in the study nor any

kind of analysis on this ground has been done. The time was also limited for this study. The study could have been done according to the different stream to obtain better result.

## **DIRECTION FOR FUTURE RESEARCH**

The sample size can be increased in further research. The impact of socio economic status can be taken into consideration in this survey. Also the occupation and the education of the parents can be included in the study and analysis on this ground can be done. The study could be done according to the different stream to obtain better result. Further research should take these factors into account.

## **CONCLUSION**

Career choice has always been an interesting topic for researches not only due to the psychological observations, but also to the cultural, traditional attitudes that get people taken challenges, made decisions with or without external forces. The main conclusion is the need for parental trust and confidence for the career choice on the side of the children. Furthermore instead of imposing the parental choice, parents have to understand the students' interest and desire for a prosperous future.

## **Recommendation of the Student**

Most of us have at time made unwise decision simply because been neglect to listen to advice of others. Some decision will have significant consequences. Therefore try to determine ahead of

time what these will be beware of letting the appeal of short term benefit blind you to possibly undesirable long-time consequences. Let not the undaunted effort of being the sole proponent of a self will take over you, as the bible proverb would say. 'A wise child makes the father glad'(Proverbs 10:1) many students development apathy towards science subject due desire their children to venture into science-based career. This results in mass failure. Students should listen to their parents and give them their strong side as well as their weak side.

### **Recommendation to the Parent**

To lead the student on the right path the first thing parents should do is arouse the student's interests towards a better choice of career. Since no two situations are exactly alike, two people may not always make an identical decision when facing similar problems. The parent should be appreciative for some good thought of their children by giving words of encouragement of some better achievement were attained as well as not condemning them, bear with them when they do something wrong especially as it involves future plan. The students should be allowed to contribute to the subject as it involves the choice of career, this will give the students opportunities of discovering for themselves new truth, new methods of tracking problems etc.

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## APPENDIX-I

TOPIC - AN ASSESSMENT OF THE ACADEMIC AND PSYCHOLOGICAL IMPACT OF  
IMPOSED CAREER CHOICES ON STUDENTS

### PART - A

#### Respondent's details:

1. Name: \_\_\_\_\_

2. Age: \_\_\_\_\_

3. Sex: \_\_\_\_\_

4. DOB: \_\_\_\_\_

5. Educational qualification: \_\_\_\_\_

6. Occupation of parents:

A) Father - \_\_\_\_\_

B) Mother - \_\_\_\_\_

7. Educational Qualification of Parents:

A) Father - \_\_\_\_\_

B) Mother - \_\_\_\_\_

8. Current academic course/stream pursued by respondent: \_\_\_\_\_

9. College: \_\_\_\_\_

## PART - B

### Questionnaire:

1. How satisfied would you say you are with your current academic progress/achievements?

- A) Not satisfied
- B) Quite satisfied
- C) Very satisfied

2. Your current academic stream is based on the choice or interest of?

- A) Self
- B) Your parents
- C) Mutual consent between you and your parents
- D) Others

3. What do you want to become in future and why? (Maximum 50 words)

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4. What factors from the following guided/influenced your choice of an academic stream? (Choose the correct option. You can tick multiple options)

- A) Financial standing of parents
- B) Job prospects related to a particular stream
- C) Parent's personal expectations/aspirations
- D) Your own personal expectations/aspirations
- E) Friends/Peers
- F) Elders
- G) Teachers
- H) Counseling sessions, if any, held at school
- I) Social media/news/magazines/internet

Mention other factors, if any: \_\_\_\_\_

5. Do you believe that if your parents were more/less literate they would have been more/less supportive of diverse or unconventional career choices? (yes/no)\_\_\_\_\_

6. Does your choice of a particular academic stream/career affect your academics? i.e. Do you believe you would be a better student of music/photography/fine arts etc. (a course you are interested in) as opposed to being a better student in the course you are currently pursuing?  
(yes/no)\_\_\_\_\_

7. Do you believe that your choice of a particular stream affects your social status or prestige?  
(yes/no)\_\_\_\_\_

8. Do you trust in your own judgment and decision-making capability to plan a career for yourself that you will have no, or little, regrets about in the future?  
(yes/no)\_\_\_\_\_

9. Rate yourself as correctly as possible in the following areas: (Tick the correct option)

A) Academic success: (poor/average/good/excellent)

B) Confidence: (too low/low/high/very high)

C) Self esteem: (too low/low/high/very high)

D) Stress and frustration: (too low/low/high/very high)

E) Depression: (too low/low/high/very high)